



College Study Tours

The pocket
guide to
expert travel



It's go time

There's no time like it. All those months of anticipation are behind you now, and all that's left is the adventure ahead. On the pages that follow, you'll find information and advice to help you through this exciting time, plus a few tips you can hopefully use during your time abroad. Take this book and make it yours. Let's go!



Program basics

Record your important program information here.
You'll appreciate having it all in one place.

Your name

Faculty Group Leader

Phone #

Tour Director

Phone #

Flight #1 carrier

Flight #

Flight time

Flight #2 carrier

Flight #

Flight time

Flight #3 carrier

Flight #

Flight time

Flight #4 carrier

Flight #

Flight time



What to bring

Do you know what to pack? Make sure you've got it all covered by looking over this checklist.

Find details about luggage restrictions at [tsa.gov](https://www.tsa.gov), and leave room in your carry-on bag for a few essentials: your passport, any necessary visas, program itinerary, money, toothbrush and toothpaste, medications and prescription information, and a change of clothes (just in case).



PACKING LIST

Clothing and accessories

- Shirts (short- and long-sleeved)
- Shorts/pants/jeans
- Socks
- Underwear
- Bathing suit
- Comfortable walking shoes
- Watch
- Raincoat and/or umbrella
- Pouch for storing money and passport under clothing
- Pajamas
- Day pack

Electronics

- Adaptor/converter
- Camera with extra batteries or charger
- Phone charger

Toiletries

- Toothbrush and toothpaste
- Deodorant
- Hand sanitizer
- Hairbrush/comb
- Shampoo/conditioner
- Sunscreen
- Contact lenses/glasses (if applicable)

Essentials

- Passport
- Copy of your passport
- Second form of ID (license, school ID, etc.)
- Visas (if applicable)
- ATM card and/or credit card
- At least \$60 in the currency of the first country you'll visit
- Copy of your program itinerary
- Medications
- Copy of any prescriptions
- Lock for suitcase (TSA approved)

Do more abroad

START THINKING

There will be some free time during your program. Want to visit an iconic site that's not on the itinerary? Experience a traditional meal or hear local music? Do some research before you leave to figure out what you want to see and do. This is your program—take advantage of the time to experience everything you can.

THERE'S ALWAYS ROOM FOR MORE

We've handpicked activities that can be added to nearly every program—like zip-lining in Costa Rica or touring the Palace of Versailles. These activities are planned well in advance of your departure, so talk to your Faculty Group Leader to see what's available. Your Tour Director will know the area well and can also recommend local favorites and activities.

SAVE FOR THE FUN STUFF

Consider budgeting ahead of time for any free-time activities you hope to take part in while abroad, whether they're with EF or on your own.



Getting around

AT THE AIRPORT

You'll fly to (and from) your adventure with major airlines. Once you've touched down, locate your luggage and head through customs to find your Tour Director. If you've planned personal travel before your program, you will be responsible for meeting up with your group.

BY LAND

A motor coach will serve as the main means of transportation for most programs. You'll travel between destinations with the ease of a seasoned local, which makes sense since you'll have one at the wheel.



BY BOAT

Occasionally, travel by boat is a part of your program. The views from the deck will be impressive, but the winds can be, too, so be sure to dress appropriately. If you need to spend the night on board, any ship you sleep on will have cabins with built-in beds.

BY RAIL

If your program includes a ride on a night train, you'll be given a bed and luggage space in one of the train's sleeper compartments. Typically fitted with six bunked beds, these compartments may be shared with travelers from outside your program.

BY PUBLIC TRANSIT

Travel via the local bus or subway system is always covered on included activities, but free-time travel costs will come out of your own pocket—make sure you budget for this expense ahead of time.

Food

TO START

We'll help you start your days off right with an included continental breakfast each morning of your program. Expect lighter options like cereal, yogurt, local fruits, and pastries.

SNACKS

Days are long and full of excitement, so bring snacks to keep your energy up. Pickier eaters can bring packaged, travel-friendly goods (granola bars, etc.) from home. More adventurous snackers can buy from local shops, so remember to budget accordingly.

THE MAIN COURSE

Traditional lunches and/or dinners will be included on certain days. We work with restaurants who provide food inspired by the region, giving you the opportunity to experience different cultures and cuisine.



Expert travel tip

Look up what to try during free time at each destination (or ask your Tour Director for suggestions!) so you don't miss out on the best local cuisine.



DIETARY RESTRICTIONS

When a meal is provided, a vegetarian option will always be available to those who specify their dietary needs before the program begins.

If you have any dietary restrictions or food allergies, call Traveler Support (877-485-4184) in advance of your program so we can accommodate you. Tell your Faculty Group Leader as soon as possible before departure, and remind your Tour Director when you arrive.



Expert travel tip

Make sure you know which currencies you'll be trading your U.S. dollars for at each destination. You can find up-to-the-minute exchange rates at xe.com



Money

CURRENCY EXCHANGE

You can exchange U.S. dollars for local currency while abroad. ATMs often offer the lowest rates, but let your bank know you'll be traveling before you go.

HOW MUCH?

There's a lot to experience while traveling, so we suggest having \$40 to \$60 in spending money for each day of your program. That should cover shopping, eating, and other day-to-day expenses, but keep in mind that's *on average*. If you're an enthusiastic shopper or a passionate foodie, you may want to budget more.

TIPPING

Tipping is customary on all programs to thank staff for their service. Ask your Faculty Group Leader for details on your specific program, and try to organize tip money ahead of your trip. We suggest you tip the following amounts, in local currency:

- \$6 per day for the Tour Director
- \$3 per day for the coach driver
- \$2 for coach drivers transferring your group to a new destination
- \$1-2 for local guides
- \$10 per day for the cruise staff on cruises
(in addition to a gratuity for the Tour Director)

Hotels

WHERE YOU'RE STAYING

You'll be staying in safe, clean, and comfortable hotels with private bathrooms. Hotels abroad may feature smaller rooms than you're used to, and may not have air conditioning, Wi-Fi, TVs, or elevators. Hotels are often outside the city center—usually 30-45 minutes away by public transport or bus, but with easy access to transportation or near restaurants and bars.

ROOMING

Travelers who are 29 and under often stay in Triple/Quad rooms of three or four people of the same gender. Shared beds are common in both male and female rooms. (Rooms typically have a combination of double and single beds.) You may also share a room with someone from a different group if you're traveling with another college or university.

UPGRADE

If you want your own bed, that upgrade is available for an extra \$30 per hotel night, while single rooms cost an additional \$75 per hotel night. (This may also be an option on ferries and cruises, but different pricing will apply.) Call Traveler Support at 877-485-4184 as soon as possible if you'd like to upgrade your accommodations.

Hotel #1 name

Address

Phone number

Metro stop

Hotel #2 name

Address

Phone number

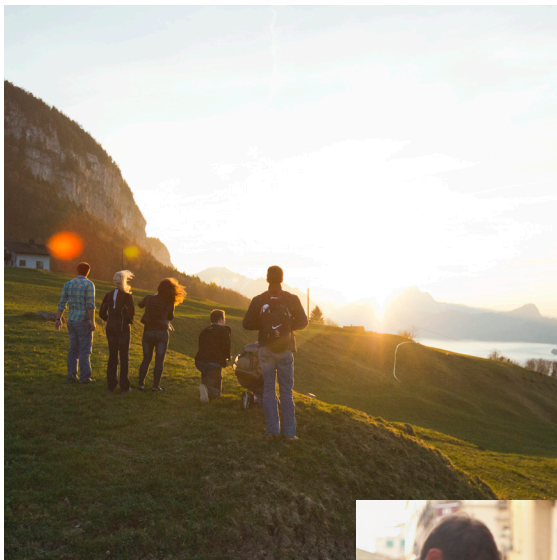
Metro stop

Hotel #3 name

Address

Phone number

Metro stop



Expert travel tip

Make sure you know how the countries you'll be visiting get their electricity, and what adaptors or converters you'll need to keep everything charged.



Helpful apps & Wi-Fi access

CHECK YOUR SIGNAL

Depending on the places you visit, you may have difficulty finding a Wi-Fi signal. Make sure you have directions, maps, apps, contact information, and anything else you'll need available offline.

Wi-Fi might be offered in hotels and other public areas, but the signal likely won't be as strong or reliable as you're used to. You may also have to pay extra for Wi-Fi, even if it's only available in the hotel lobby.

THERE'S A TRAVEL APP FOR THAT

Here are a few of the apps from our own travels that we find most useful. Download them to make traveling abroad even easier.

- XE Currency: for exchange rates and calculations
- Google Translate: for multilingual assistance
- MAPS.ME: offline maps and travel guides

Language basics

Knowing even the basics of the local language can help tremendously as you navigate unfamiliar streets and menus during your program. Take some time to note a few key phrases below.

Hello

Goodbye

Thank you

Goodnight / Good morning

Do you speak English?

Where is the bathroom?

May I have the check, please?





Arrival day

YOUR ADVENTURE HAS BEGUN

On arrival day, groups hit the ground running. Have toiletries and a change of clothes easily accessible, and freshen up at the airport. (If you've planned personal travel before your program, you will be responsible for meeting up with your group.)

After finding your Tour Director at the airport, your group will likely head straight into the city to spend the day there. You'll experience a lot of new things at once—maybe hearing different languages or adjusting to a totally new culture—which can be a bit of a shock.

Here are some tips for making your first day easier:

- Check the weather of your destination before you leave so you're dressed appropriately.
- Wear comfortable clothes for flying and get as much sleep as you can the night before.
- Stay hydrated—it helps reduce jet lag.
- Make sure your phone and watch are set to the right time zone—it will help you get oriented.
- Allow a day or two to adjust! It might take some time to settle into your new surroundings.



Don't forget!

Passport and visa essentials

- Your passport must have at least three blank pages.
- Your passport must be valid for at least six months after your return date.
- The name and date of birth on your passport must match your EF account exactly (log in to your account to check that we have the correct info for you).
- Make two copies of your passport—one to leave at home and one to bring with you.
- Look up visa requirements for each country you'll visit at **visacentral.com**.

Critical calls

- Call your bank and credit card companies to tell them where you'll be traveling (and to find out how to get the best rates).
- Call your mobile provider about avoiding data roaming charges.
- Check your insurance coverage abroad to see whether enrolling in our Global Travel Protection plan makes sense (if available).

Last-minute items

- Bring a second form of identification (student card, driver's license, etc.).
- Bring any essential medications and a copy of the prescription information, if applicable.
- Bring at least \$60 in the currency of the first country you'll visit—just in case.
- Don't forget your toothbrush. Seriously, it's the last thing to grab before you travel.

Travel assistance

WHEREVER YOU ARE IN THE WORLD, WE'RE THERE TOO

If you are separated from your group, experience a flight delay or airline rebooking, or require any other travel-related assistance, you can contact EF 24 hours a day:

- If calling from the U.S. during business hours:
1-800-873-2250
- If calling from the U.S. after business hours:
1-800-873-2250 and follow the prompt for an on-tour emergency
- If calling from abroad during or after business hours:
001-617-619-2913

LOCAL EMERGENCY NUMBERS

In the event of an emergency on your program (medical, fire, etc.) contact the local authorities by dialing the appropriate number:

- Europe: 112* | China: 112**
- United Kingdom: 999 or 112
- Australia: 000 or 112
- Costa Rica: 911 or 112

* An emergency operator will answer your call and transfer you to the appropriate emergency service (police, ambulance, fire).

** You will hear a bilingual message instructing you which emergency number to dial next.



YOUR EMERGENCY CONTACTS

Note your personal emergency contact information here, in case you lose your phone and need a backup.

Get social

BEFORE, DURING, AND AFTER YOUR PROGRAM

Follow us on Facebook and Instagram, where our staff and travelers are always talking travel. Before, during, and after your program, our pages are yours to ask questions, meet fellow travelers, share photos—or just say hi.

Social Media (#efcstabroad)



@efcollegestudy tours



EF College Study Tours



@efcollegestudy tours

Emergency Numbers

1-800-873-2250 (calling from the U.S.)

001-617-619-2913 (calling from abroad)

Website

efcollegestudy tours.com